



# WHAT GIFTS WILL YOU SHARE

CARLSBAD COMMUNITY VOLUNTEERS



**August 2004**

## Lunches and Hugs Delivered Weekly

Every Thursday morning, FedEx executives based at the Carlsbad station leave their offices, get in their own vehicles, drive to the Carlsbad Senior Center, pick up nutritious hot meals and deliver them to homebound seniors who are appreciative of the food and delighted to know that someone cares.

Barbara Brines is one of the many Carlsbad residents who look forward to seeing her "special delivery." She is a favorite stop for Michael Jones, an Operation Manager for FedEx.



"Barbara is an inspiration to me. She's grateful for the food and company. She's full of life and always smiling and sparkling. Seeing her makes my day, and it makes this program rewarding and worthwhile."

Along with Jones, regular volunteers include FedEx Senior Manager Flo Wiggins, Operations Managers Tammy Headrick, Michael Jones, Dave Aspinall, Steve Berkley, Elizabeth Mason and staff support Devona Franklin. They have come to care about these Senior Center homebound meals recipients. A lot.

"I fell in love with the program and the people the first week," Aspinall relates. "I called Mike from my first stop to tell him how great I felt."

"We have become a very important part of these people's day," believes Jones. "In some cases we are practically the only human contact they have." For their efforts, they always get a smile, a thank you, and often a hug.

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FedEx became involved with the Senior Center's meal delivery program last April, when the management team looked for an avenue to pursue the corporate commitment to volunteering. Headrick contacted the Senior Center, which coincidentally was in need of volunteer drivers. Within a couple of weeks, FedEx was on the road. Team members alternate on two routes of about 10 homes each.

"Giving back to communities it serves is integral to the FedEx mission," confirms Jones. "We don't only deliver documents and such around the world; we deliver services to people who need them at no charge."

If you know someone who might benefit as a recipient of the homebound nutrition program, call Senior Home Meal Coordinator Jack Risley at 760-602-4652. To volunteer for this program, call the Community Volunteer Program at 760-434-2929.

## Art Excels at the Art of Volunteering

"There are only so many hours you can stare at a computer, I like to get up and go," explains Art Oberman. Art was chosen Volunteer of the Year for the City of Carlsbad Senior Volunteer Police Patrol.

With the Carlsbad Patrol for over three years, Art has taken over leadership of the Police Department Color Guard and is the liaison with the San Diego County Area Agency on Aging.



"Perhaps it's easier to volunteer when you come from a service profession," suggests Art. "I sure like to see people feel better because I'm involved." Art retired from his career as an ophthalmologist in 2000. Currently, he also volunteers at the Camp Pendleton Naval Hospital eye clinic one or two days a week.

When asked about people who say they are too busy to volunteer, Art had a direct response: "Those who think they are too busy are not familiar with what volunteers can do and what we're giving to ourselves."

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it is the only thing that ever has." -Margaret Mead

## Special Opportunities for You



### **Summer Sundays at Petco**

Join us for a day at the new Petco ballpark. Premium seats, charter bus transportation, and a free gift for each child are all included in the \$25 per person charge. Dates available are August 22 and September 26. The bus leaves from Harding Community Center. Call 760-602-7510 for details, or visit [www.carlsbadconnect.org](http://www.carlsbadconnect.org).

### **Special Volunteer Opportunities**

Volunteering for these events will give you as much fun as participating.

1. Snores and S'mores - Be involved in the family campout with the set up, arts and crafts projects, and take down. Call Esteban at 760-602-7512.
  - Saturday, August 21, 4-8:30 p.m. (complimentary BBQ dinner) or
  - Sunday, August 22, 6-9:00 a.m. (complimentary continental breakfast)
2. Carlsbad Film Festival
  - Make the Carlsbad Film Festival thrive. Help is needed now in preparation for the Festival with PR, hospitality and mailings. During the actual Festival, September 11 and 12, and October 16 and 17, staff the box office, take tickets or usher. Call Colleen at 760-434-2900.
3. Experience Carlsbad
  - Join City paid staff Thursday, September 9, 8 a.m. to 3 p.m. as you "Experience Carlsbad" through a conversation with top managers and view the State of the City video over lunch. Find out how Carlsbad spells service on October 7, 8 a.m. to 3 p.m. Ask your site supervisor to recommend you for these opportunities.
4. Clean Up and Beautify
  - On September 18 we have two opportunities to get dirty while cleaning up. We will be removing everything from gum wrappers to mattresses from Lake Calavera from 9:00 a.m. to noon. From 10:00 - 12:30 we will be working around our lagoons as part of the annual Tri-City Coastal Clean-up Day. Call Sue at 760-434-2929.
5. Pumpkin Plunge Fall Swim Festival
  - Become a "carnie" as you run carnival games, oversee crafts, set up and take down on October 16, from 11 a.m. to 4 p.m. Call Jenn at 760-602-4685.